

IN THE CLAIMS:

Claims 1-19. (Cancelled)

Claim 20 (new) Footwear comprising:

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a sole comprising ²⁰⁰ a unitary outsole and no midsole, said outsole being of a wear resistant material having a resistance to compression, said outsole having a bottom, an upper surface, a heel section having medial and lateral regions, an arch section having medial and lateral regions, and a forefoot section having a first region for supporting the first, second, third, fourth and fifth metatarsal heads, associated phalanges and metatarsal phalangeal joints, and the metatarsal neck associated with the fifth metatarsal head, and a second region for supporting at least one of the metatarsal necks associated with the second and third metatarsal heads;

²¹⁰
a cavity in the outsole;

²¹⁴
an insert in the cavity having a resistance to compression less than the resistance to compression of the outsole;

said insert being sized and shaped to overlie the outsole in at least part of the lateral region of the heel section of the outsole, at least part of the lateral region of the arch section of the outsole, and the first region of the forefoot section for attenuating the shock of impact in these regions during running and walking, and said insert being sized and shaped not to overlie at least part of the medial region of the arch section of the outsole and the second region of the forefoot section of the outsole whereby the outsole provides firmer foot support in these regions during walking and running.

Claim 21 (new) Footwear as set forth in claim 20 wherein the insert substantially fills the cavity and has an upper surface substantially flush with the upper surface of the outsole surrounding the cavity.

Claim 22 (new) Footwear as set forth in claim 20 further comprising an insole overlying the insert and the upper surface of the outsole.

Claim 23 (new) Footwear as set forth in claim 22 wherein the unitary outsole comprises a series of upstanding ribs having upper ends which form said upper surface of the outsole and which support said insert and said insole.

Claim 24 (new) Footwear as set forth in claim 20 wherein said cavity and insert have substantially the same size and shape.

Claim 25 (new) Footwear as set forth in claim 24 wherein said shape resembles a numeral 7.

Claim 26 (new) Footwear as set forth in claim 20 wherein said cavity and insert do not extend over an area of the outsole corresponding to the distal phalanges of the foot.

Claim 27 (new) Footwear as set forth in claim 20 wherein said cavity and insert extend over an area of the outsole corresponding to the first distal phalange of the foot but not the second, third, fourth and fifth distal phalanges of the foot.

Claim 28 (new) Footwear as set forth in claim 20 further comprising an insole overlying the outsole and the insert, and a rigid shank extending longitudinally of the footwear at a location overlying the heel and arch sections of the outsole and
5 underlying the insole.

Claim 29 (new) Footwear as set forth in claim 20 wherein said insert is of a foam material having a Type C durometer hardness of less than 70, and wherein said outsole material has a Type C durometer hardness of 50-85.

Claim 30 (new) Footwear as set forth in claim 20 wherein said insert is of a foam material having a Type C durometer hardness in the range of about 40-60, and wherein said outsole material has a Type C durometer hardness of about 75.

Claim 31 (new) Footwear comprising:

a sole comprising a unitary outsole and no midsole, said outsole being of a wear resistant material having a resistance to compression, said outsole further having a bottom, an upper surface, a heel section having medial and lateral regions, an arch section having medial and lateral regions, and a forefoot section having a first region for supporting the first, second, third, fourth and fifth metatarsal heads, associated proximal phalanges and metatarsal phalangeal joints, and the metatarsal neck associated with the fifth metatarsal head, and a second region for supporting at least one of the metatarsal necks associated with the second and third metatarsal heads;

a cavity in the upper surface of the outsole;

an insert in the cavity substantially filling the cavity and having an upper surface substantially flush with the upper surface of the outsole surrounding the cavity, said insert having a shape resembling a numeral 7 and having a resistance to compression less than the resistance to compression of the outsole;

said insert being sized and shaped to overlie at least part of the lateral region of the heel section of the outsole, at least part of the lateral region of the arch section of the outsole, and the first region of the forefoot section of the outsole for attenuating the shock of impact in these regions during running and walking, and said insert being sized and shaped not to overlie at least part of the medial region of the arch section of the outsole and the second region of the forefoot section of the outsole whereby the outsole provides firmer support in these regions during running and walking;



30 said insert comprising a foam material having a Type C
 durometer hardness of less than 70, and said outsole material
 having a Type C durometer hardness of 50-85.
